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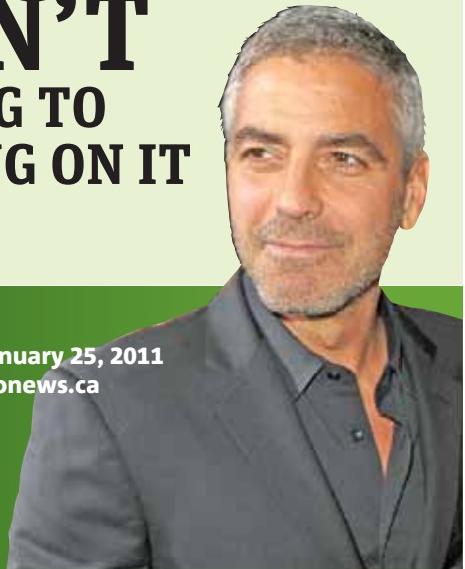
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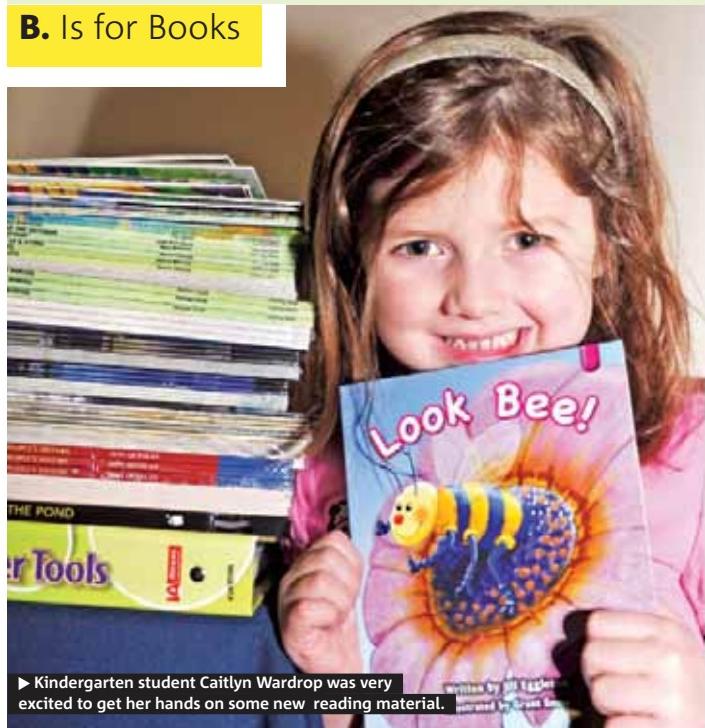
EDMONTON

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Tuesday, January 25, 2011
www.metronews.ca



B. Is for Books



► Kindergarten student Caitlyn Wardrop was very excited to get her hands on some new reading material.

HEATHER MCINTYRE/METRO

School awarded educational gift

Anne Fitzgerald Catholic Elementary School received a cheque yesterday from Nelson Education for \$5,000, as well as an array of resources from the school's wish list — including books. The school was the second to win one of five giveaways across the country from the company.

Moscow airport terrorized

Suicide bomber strikes main terminal killing dozens {page 4}

Avalanche kills Alberta man

Fourth Albertan to die in snow slide in two weeks {page 4}

Camera glitch puts fines back in driver pockets

- \$12.3 million to be refunded over three to four months
- Annual revenue for city is between \$7 and \$9 million

Drivers who paid up after getting caught by Edmonton speed-on-green cameras will be getting a refund in the mail.

Alberta Justice announced yesterday all convictions will be quashed from November 2009 up to and including Jan. 14.

"This is all about public confidence," said chief Crown prosecutor Steve Bilodeau. "We have to be able to say to the public and to the courts that this is reliable, this is accurate, this is correct and because of a glitch with the (cameras), we can't do that."

The city announced Jan. 14 that the distribution and prosecution of speed-on-greens would be cancelled until further notice following one unverifiable violation being mailed out.

The program began in November 2009 but motorists were given a grace period until the following spring, said Bob Boutilier, manager of transportation. Boutilier said he will talk to Alberta Justice about its decision to rescind tickets all the way back to the start of the program, even though a problem wasn't detected until last summer.

There are about 102,700 tickets, starting at a \$110 fine, that have been paid and more that haven't, totalling

Camera glitch creates hitch

- Insp. Dean LaGrange with the Calgary Police Service said he is "not comfortable" with the model of camera used in Edmonton as speeds of 120 km/h have been measured in gridlocked Calgary traffic.
- Chief Crown prosecutor Steve Bilodeau said this is "only an Edmonton problem," as other jurisdictions have not identified any issues.
- Bob Boutilier, Edmonton's transportation manager, said the technology was well tested and vetted before being put into place.

more than 140,000 tickets and nearly \$13 million in lost revenue.

The province collects approximately a quarter of the revenue while the city collects the rest for traffic safety initiatives.

Boutilier said an expected 2010 surplus would cover the bulk of the shortfall.

The city would like the cameras to be up and running again in a month, but a committee has been formed to further investigate concerns.

● HEATHER MCINTYRE WITH FILES FROM JEREMY NOLAIS

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News in brief

Mounds of snow adding up for city

ROADS. City crews are moving mountains — of snow.

Between last October and Jan. 18, more than 900,000 cubic metres of snow were removed from roadways and carted to be stored in one of five storage facilities.

The average for an entire winter season is 800,000 cubic metres, said Bob Dunford, road maintenance director, adding that half that amount was removed between Jan. 8 and 18 alone. ● METRO

Men charged in alleged bus altercation

CRIME. One man involved in an alleged altercation on an Edmonton Transit bus Sunday morning has been charged with possession of a weapon along with aggravated assault.

Bretton Fisher, 21, allegedly produced a knife during a fight between three men on a bus on Connors Hill and en route to the city centre, said police.

Yanick Bureau, 20, and Melvin Littlechild, 19, have both been charged with aggravated assault.

● METRO



Winged Warriors prepare for duty

- ▶ Virtual training simulations prepare aircrews before deployment
- ▶ This will be 3rd deployment to Afghanistan for 408 Squadron



ALISON BAIRD

EDMONTON@METRONEWS.CA

The Canadian Air Force's 408 Tactical Helicopter Squadron will be completing a state-of-the-art virtual training program, Winged Warrior, in preparation for its upcoming deployment to Afghanistan.

Winged Warrior puts aircrews into virtual situations similar to those they might face overseas.

"It prepares us to see all the contingencies and all

Background

- ▶ Simulation exercise runs until Friday.
- ▶ The 408 Squadron has utilized this virtual exercise for five years.

the missions we are likely to experience," said Lt.-Col. Brian Derry, commanding officer of the aviation battalion that will soon be heading to Afghanistan for the third time. "We get to experience things we certainly don't want to experi-

- ▶ The main role of the 408 Squadron is to provide support to troops on the ground.
- ▶ The 408 Squadron will be the last aviation battalion deployed to Afghanistan.

ence in theatre."

Aircrews that have trained with the program have found that the accuracy and detail prepared them for their time in Afghanistan, and feedback has been "extremely positive," said Derry.

"Although you're there for the first time, you've executed a number of missions in the environment, albeit synthetically," said Derry.

The 408 Squadron, based out of Edmonton, will be deploying to Afghanistan within the next few months to complete the mission.

The Air Force continues to build on the future of the program, with hopes of expanding it to the rest of the Air Force and the Canadian Forces.

1
news



Mementoes tell tale of tragic century-old expedition to South Pole. Scan code for story.

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On the web at metronews.ca

Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing.

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BRITISH COLUMBIA

Alberta man dies in avalanche

An avalanche has killed a 47-year-old Alberta snowmobiler in northeast B.C.

The RCMP say the slide came down Sunday near Albright Ridge, west of Tumbler Ridge, hitting a total of five people.

Two of his companions dug him out and performed CPR while the other two went for help.

but a rescue crew had trouble getting to the site because of low light, snow conditions and difficult terrain.

When rescuers reached the site yesterday, the man from Grande Cache, Alta., was dead.

Three other Alberta men died in avalanches in B.C. and Alberta a week ago.

The Canadian Avalanche Centre has issued a special warning about the high risk of slides in much of B.C.

THE CANADIAN PRESS

Woman 'sorry' for kidnapping

A North Carolina woman who raised a child snatched from a New York hospital more than two decades ago has admitted kidnapping the baby after her own attempts to have children failed, saying in a statement she was "truly sorry," the FBI said in court papers yesterday.

Ann Pettway confessed to taking the baby in 1987

from Harlem Hospital during an interview Sunday after she surrendered to the FBI and Bridgeport, Conn., police, a criminal complaint prepared by FBI Agent Maria Johnson said.

Pettway surrendered just days after a reunion between the child she raised — now 23-year-old Carlina White — and her biological mother. THE ASSOCIATED PRESS

Suicide bomber hits Moscow airport

IVAN SEKRETAREV/THE ASSOCIATED PRESS



► Artyom Zhilenkov, a 35-year-old driver, speaks after the blast at Domodedovo airport in Moscow, yesterday. "The guy standing next to me was torn to pieces," he said. Zhilenkov was splattered by other victims' flesh and blood.

► Suspected terrorist's head was recovered, says local news agency

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-splattered hall of dismembered bodies, screaming survivors and abandoned suitcases. At least 35 people were killed.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow.

Yesterday's attack was most likely carried out by a suicide bomber and "attempts were being made to identify him," investigative

"Terrorists simply do not give up when one avenue is closed, and that's why I say, we make one mistake and a terrorist might be successful."

VIC TOEWS,
PUBLIC SAFETY MINISTER

committee spokesman Vladimir Markin said.

Foreign Affairs Minister Lawrence Cannon issued a strong condemnation of the attack and added that he was not aware of any Canadians killed or injured in the blast.

"We condemn these cowardly acts of terrorism," Cannon said in the statement.

THE ASSOCIATED PRESS

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Trial begins for father accused of honour killing

► Faleh Almaleki moved to Phoenix from Iraq ► His daughter refused to enter an arranged marriage at age 17

There is no doubt that an Iraqi immigrant ran over and killed his 20-year-old daughter and injured her boyfriend's mother in a suburban Phoenix parking lot in October 2009, a prosecutor and defence attorney agreed yesterday.

But whether it was a rage-fuelled intentional act that equals first-degree murder or an accident caused by an angry father's split-second decision — will be the subject of much debate as jurors hear evidence in the coming weeks.

Prosecutor Laura Reckart told them that Faleh Almaleki was increasingly incensed at his daughter's failure to obey him. She



► Faleh Almaleki

told jurors in her opening statement in his murder trial that he believed she had dishonoured the family by becoming too Westernized. When he saw her by chance while visiting a

state Department of Economic security office in Peoria on Oct. 20, 2009, his rage overflowed.

Faleh Almaleki left the office, got in his Jeep and waited for his daughter to emerge, Reckart said. Then, "he revved and raced that car right out of the parking spot in a premeditated act and ran them over."

Not so, defence attorney Elizabeth Mullins told the 16 men and women on the panel.

What happened was an accident, Mullins told jurors, when Almaleki saw the older woman and made a "catastrophic" decision to spit on her to show his disdain. **THE ASSOCIATED PRESS**



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U.S. firm, RioCan join in \$1B deal

► Discount retailer Tanger Factory Outlet Centers targets Canada for expansion

The country's largest retail landlord is teaming up with an American firm on a \$1-billion plan to develop 10 to 15 outlet shopping centres across Canada over the coming years.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment and Tanger Factory Outlet Centers Inc. of Greensboro, N.C.

The properties would be branded as Tanger Out-

let Centers. "In response to the increasing demand by U.S. tenants to expand into Canada, RioCan is pleased to partner with Tanger to develop Canada's first portfolio of U.S.-style outlet centres," said RioCan CEO Edward Sonshine said in a statement.

"This property type will be unique in Canada and will provide a niche retail segment for RioCan to further enhance its position as Canada's leading

33 Tanger currently runs 33 outlet malls in 22 American states that draw 150 million shoppers each year.

retail landlord," Sonshine said.

RioCan has ownership interest in 296 retail properties, including 10 under development.

It also has a 14 per cent

equity interest in Cedar Shopping Centers, Inc., which operates in the U.S. Northeast.

The closest Tanger Outlet to the Canadian border is located about an hour drive north of Windsor, Ont. in Howell, Michigan.

RioCan — Canada's largest landlord to Zellers stores — said this month it hopes to land several Target stores as tenants when the retailer enters into Canada over the next few years. THE CANADIAN PRESS

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2008 GMC ACADIA \$29,995 on \$228.46	2010 OUTLANDER \$25,888 on \$179.46	2006 DODGE RAM 1500 \$24,998 on \$214/BW	2010 RAM 3500 \$48,995 on \$338/BW	2007 CHEVY SILVERADO \$32,998 on \$282/BW	2007 DODGE RAM 3500 DIESEL SLT \$33,995 on \$283/BW	2009 GMC SIERRA 2500HD \$42,998 on \$321/BW
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Technology. Apple



► Student developer Tony Brown poses for a portrait with an Apple iPad and iPhone 4 displaying the applications he helped develop.

PATRICK T. FALLON/THE ASSOCIATED PRESS

Student attracts IT giants

The NearBuy app lets housing shoppers browse real estate listings in their area. Tony Brown created the NearBuy application in 2008 as part of a contest with three other students at the University of Missouri, earning them a trip to Apple headquarters along with job offers from Google and other technology titans.

Market moment

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DEALING WITH HIGH-MAINTENANCE MEN

She says ...

JESSICA NAPIER



In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room. However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits en-

croach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get in-

to his below the belt "manscaping." But do women really want

these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon

MICHAEL DE ADDER

WHO WANTS AN ELECTION?



Games that people play

Letters & Tweets

We asked: What's your favourite video game?

@megelizah: legend of zelda: ocarina of time. The game that drove me to get a triforce tattoo.

@JamieTheJedi: Chrono Trigger for SNES. Amazing RPG that still stands up after 15 years.

@m_brand: lots of great characters but the edge has to go to Leisure Suit Larry.

@Netherlandy: best video game EVER: Conker's Bad Fur Day for N64. Innuendo, swearing, pop culture references and very playable!

@StuartParsons: Gran Turismo 1, 2, 3, 4, and 5 hands down. The only real racing simulator. If you've

Engrossed



never played, get on it.

@ehmay: Kirby! That thing can eat everything and still stays cuddly. When I do that I just gain 20 pounds!

@StephaniePelley: My picks would have to be Link (Zelda series), Tifa Lockheart (FF7), Samus (Metroid Series).

@JustMeRicky: Second Life. Reason? Endless possibili-

ties.

@abarbaric: Game would have to be COD: Modern Warfare 2 and character clearly and definitely Kratos from God of War series.

@dantastic: Favourite game up to now ... God of War ... any of them. Favourite character up to now, John Marsden from Red Dead Redemption.

What was the best concert you saw in 2010?

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Metro has the right to edit letters and submissions.

Metro Minute at Robbie Burns supper

In honour of the 252nd birthday of poet Robert Burns, the Friends of Rutherford House Society would like you to join them for a traditional Burns supper.

The event, which will be held tonight at 6:30, will celebrate 100 years of Scottish heritage at Rutherford House.

An elaborate three-

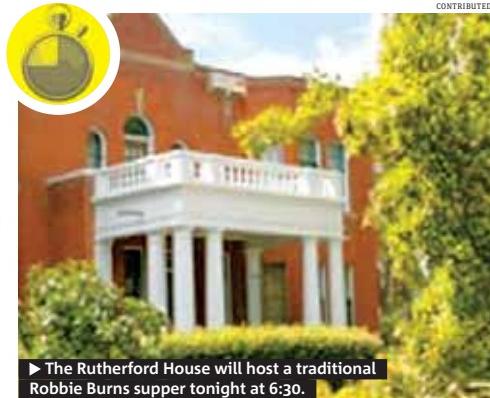
course meal from the Arbour Restaurant will be on offer — including haggis.

Throughout the evening you can also enjoy thrilling music and the revelry of Scotland.

Tickets are \$65 per person.

Call 780-422-2697 for more information or to reserve a ticket.

● HEATHER MCINTYRE



► The Rutherford House will host a traditional Robbie Burns supper tonight at 6:30.

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Publisher Steve Shroud, Managing Editor Darren Krause, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman

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Scene in brief



Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS



Real upheaval in television talk world with Oprah, Larry and now Regis exiting

What Hollywood has to offer in 2011

► There are plenty of options out there for filmgoers ► Superhero movies aren't going away anytime soon ► Tinsel town also shows its love of sequels, animated films, 3-D and aliens



NED EHRBAR

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METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra-terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geekfest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the

For fans of the familiar

► The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1),

Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold &

Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).



► The Smurfs come to the big screen in August.

action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and

mind-bending effects.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic:

Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an Eng-



► The Adjustment Bureau stars Matt Damon and Emily Blunt.



► Thor leads the charge of superhero movies in 2011.

lish-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)

Twilight: Eclipse rakes in the Razzie nominations



NED EHRBAR

SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Nominations for the 31st annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in

the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck. The Eclipse crew also

racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex

and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.



► Robert Pattinson and Kristen Stewart are both up for Razzies.



GETTY IMAGES

Willis loses Kevin Smith as a fan

Director Kevin Smith is no longer a fan of Bruce Willis after making last year's commercial flop, Cop Out, together, he says in an interview with comedian Marc Maron. Smith says he felt particularly let down by Willis' lack of promotion for the film.

"It was difficult. I've never been involved in a situation like that where one component is not in the box at all. It was f-ing soul crushing," he says. "I had no f-ing help from this dude whatsoever."

• METRO

No marriage for Clooney

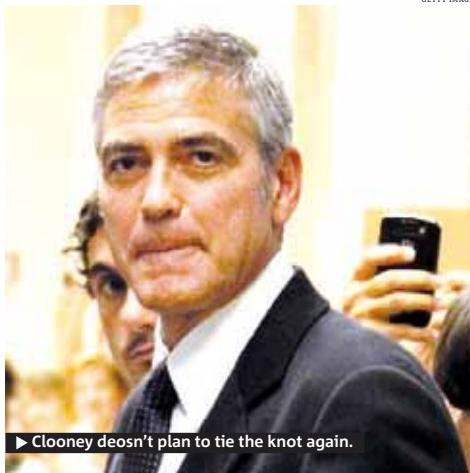
Actor says that his failed first marriage is cause for his decision Current girlfriend surprised by comment

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, referring to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to People.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised."

• METRO



► Clooney doesn't plan to tie the knot again.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years.

• METRO

Celebrity tweets


Nicki Minaj
[@NICKIMINAJ]

Long day of press only to find out we've officially been kicked out the hotel!


Tom Hanks
[@Tom_hanks]

In the year 2011 personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!


Conan O'Brien
[@Conan_OBrien]

I still think the Patriots can win it all this year. Never underestimate Belichick!


Rosario Dawson
[@rosario-dawson]

Def needed more than 3 1/2 hrs of sleep.

• METRO

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3 life

Get active

Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

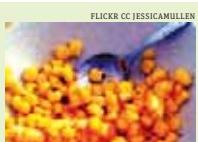


Health Canada issues recalls for jogging strollers, kids' pyjamas, snow bikes

The Resolution Revolution

► You promised yourself 'a New Year and a new you.' ► We asked celebrity trainer Matt Roberts for the top tips to get you started.

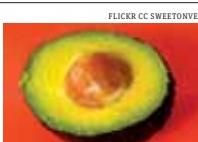
BY ROMINA MCGUINNESS



1

Eat Small Meals at Regular Intervals

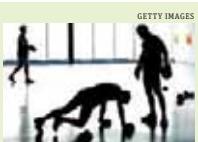
Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.



2

Low Fat Is Not Always The Way To Go

Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.



3

Bodyweight Exercise Can Get Results

Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.



4

Eat More Vegetables

Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.



5

Try as Many Forms of Exercise as Possible

Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.



6

Match Intentions With Action

How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving. Make the change by matching your intentions with the right actions.



7

Drink Water or Green Tea

Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated by consuming enough water—it helps prevent hunger pangs and burns fat more efficiently.



8

Don't Just Rely on Doing Cardio

After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitness. Most exercisers looking to reduce their waistline make their biggest mistake at this point. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced.



9

Target the Process, Not the Result

Set your goals on factors that you can control. People often become fixated on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, achievable targets as well, to maintain your motivation. Take charge of your goals by focusing on good habits.



10

Function Follows Form

We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasize good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional — in the long run it will be worthwhile.

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LARRY TRACK
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO,
TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.



There's not an excuse in the world that's acceptable for putting your health on the back burner. Same goes for exercise. Show me a reason for not being active, and I'll add it to the book of excuses that leave people overweight, out of shape, tired and quite frankly miserable.

To get you on track, here are five exercises you can do everyday — no gym required.

MILITARY SQUATS
This exercise is by far the

best for stronger legs and maximum calorie-burning. Standing with your feet hip-width apart, arms out front or by your side, lower your body to a 90-degree bend as if sitting back into a chair. Inhale as you lower your body, exhale as you squeeze back up to starting position. Do three sets of 10 reps, adding hand weights as you progress.

PUSH-UPS

If you could only do one more exercise for your entire life, this is the one. It works your chest, back, shoulders, triceps and core. If you're just starting out, begin with your knees on the floor, graduating to true military version. For more advanced push-ups, try a variety of angles and leg positions to challenge your muscles. Do three sets of 10 reps.



► Plank punches will target your core.

PLANK PUNCHES

Beginners, start with a traditional plank pose and hold for as long as you can. For a more advanced plank, try extending your arms forward (one at a time) and punch ahead. Rotate arms, adding more punches as your strength and endurance increase.

STANDING JOG, JUMPING JACKS, TUCK JUMPS OR STAIRS

Pick one of these exercises to get your heart rate elevated while working your lower body. Challenge yourself to one or two minute drills working as hard as you can, then rest for two minutes and re-

peat eight times. For condo dwellers, utilize your building's stairs. Walk or jog up as many flights as you can.

LIGHTNING BOLT CRUNCHES

Lying on a mat, arms folded behind your neck, raise your left leg, bending your

knee at 90-degree angle. Extend right leg out while keeping it raised a few inches above the floor. Curl up slowly, lifting your neck, keeping focus straight ahead. Repeat on the opposite side.

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► Despite the over-salted breakfast potatoes, the meals at 4404 are fresh and tasty.

CHRISTOPHER THRALL

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

Our server started brunch off with two large carafes of coffee for our group of eight, then left us for 30 minutes with the brief breakfast menu.

I picked a Tex Mex quesadilla and egg combo with breakfast potatoes (\$11.50).

After the server came back and took our order, we didn't see her for another 40 minutes.

The meals themselves were terrific — fresh and tasty ingredients in generous portions — except for the breakfast potatoes, which were ludicrously over-salted.

My quesadilla was

crisp and its salsa had an unexpected kick to it.

Waffles, pancakes and eggs Benedict were all very well received around the table, but everyone left the potatoes.

At the end of the meal, to our surprise, the kids under six ate free.

We ended up paying less than \$10 a person!

Hotel kitchens are generally reliable, and 4404 presents itself elegantly for breakfast, lunch or dinner.

I'd like to go back when the server isn't so busy and let the Delta blow my socks off!

► **4404 Restaurant in the Delta Edmonton South**
4404 Gateway Blvd.
780-431-3468
deltahotels.com
Price range: Mid
Rating: 3.5 out of 5
Reservations: Yes

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

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A toast to Robbie Burns

PETER ROCKWELL
LiquidAssets@astlink.ca
ON TWITTER: @THEREALWINEGUY

Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and tayside laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you

who have only had a taste equate to drinking paint thinner.

As hefty as its mouth-feel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan (\$41.99 - \$48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.

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Are you happier alone?



► ... or do you prefer the company of others? ► Take our quiz to find out how socially adjusted you are — or aren't



TED STRYKER

METRO WORLD NEWS

1. Your current relationship is:

- A All-consuming and we are one.
- B All-consuming but we have definite boundaries for personal space.
- C I'm not in a relationship. Why, are you available, Ted?

2. When you enter a room of crowded people alone, you think:

- A OK, who are the hot ones?
- B OK, where is the bar?
- C OK, I wish my friends were here. I will text one something random.

3. Sex for you is...

- A Usually enjoyable but

there's always a little anxiety involved.

- B Like a game and I am the keymaster. Are you the gatekeeper?
- C Something they do on the TV set.

4. "I have found some form of counselling in my life, even if it's just long talks with friends about my fears."

- A True.
- B False.
- C This question has made me cry inside, which I know is silly but I can't stop.

5. My kitchen cabinet has a secret stash of:

- A Cookies and ice cream.
- B Salty chips and snacks.
- C Scotch and weed.

6. The last big, blowout fight I had was with:

- A My mother

- B My boyfriend/girlfriend/husband/wife.
- C A friend of mine.

7. When I'm naked, I feel

- A Inadequate, according to the voice inside my head.
- B Sexy, if the lighting's right.
- C Sorry, what? I was checking myself out.

8. When I'm home alone for extended periods of time, I...

- A End up turning on the TV.
- B Grab a book and enjoy the quiet.
- C Surf the web while the TV's on.

9. "I know the perfect married couple who have it all together."

- A True.
- B False.
- C I think I do, but it can't be true. There's gotta be a dark side there.

How to score

- Look back at your answers and ask yourself what they mean to you.
- Each question, however goofy, was crafted to reveal something true about yourself.
- Deal with whatever issues come up.
- Then call us. Because we're totally free tonight.

10. You're doing this quiz...

- A On some mode of public transportation, in between checking out the person across the way.
- B On some mode of public transportation, avoiding eye contact with every single one of these freaks.
- C On the can. Where you're avoiding someone or something, sitting there just a little too long.



WITH A LITTLE HELP FROM A FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him.

A week later, we had our first date: Chinese food and a movie. A month later, we were an official couple. Six years later, we bought our first home.

On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

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My husband is an iTunes junkie. The bills are ridiculous. Help!

Angela says ...
OMG, are you married to

Derek too?

Derek says...

Compared with an album junkie who cruises record stores every weekend and brings home armloads of purchases, maybe his tab isn't so bad. I'm no financial whiz, but some expenses should remain private.

Your husband can open his own iTunes account that doesn't use a joint credit card and pay those bills on time. Who knows? He might surprise you with the occasional new music mix, the latest hot game for your iPhone, or a cool app that maps the stars and planets in the night sky.

Derks

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► Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one. Although happiness means different things to

different people, it's hard to deny that those who feel they are closer to living the life they want may be a tad happier. And financial planning seems to be a powerful tool to help people achieve these life goals.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their

lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life,"

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- 77 per cent of people with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- 62 per cent with plans said they feel content with how their life is going, compared with 37 per cent with no plans.
- 61 per cent with plans said they have peace of mind, compared with 36 per cent with no plans.
- 64 per cent said they are prepared to manage through tough economic times, compared with 33 per cent with no plans.

NEWS CANADA

says Cary List, president and CEO of FPSC.

The study showed that the connection between one's level of optimism and peace of mind held true across a wide range of net worth groups. This affirms that there is value in financial planning for everyone, not just wealthy people. **NEWS CANADA**

NEWS CANADA

5 BUDGET TIPS

Start with your monthly after-tax income.

- Write down how much money you take home each month (which is what you earn less taxes and deductions). This is the starting point for your budget.

Create a list of what you need to pay for every month.

- Figure how much your necessary expenses (such as food, rent and utilities) cost you each month. Be honest with yourself about what is a necessary expense. For example, you don't need satellite TV, but if you want it, you can prioritize it once you've figured out what you truly can't live without.

Determine how much to save.

- You should also be saving some of that disposable income each month. Many experts suggest putting away 10 per cent of your gross (pre-tax) income. If you are not disciplined enough to set aside money, arrange with your bank for an automatic transfer every month to a savings account or TFSA.

Decide what you want to do with the remaining money.

- "This is the area of your budget where you get to have fun. Think about what items, activities and other expenses you truly enjoy and want to prioritize," says Carrie Russell, senior vice-president of TD Canada Trust.

Track your spending and stick to your budget.

- Once you know how much money you can spend, don't spend more. This is the most important step and can be the most difficult. In particular, watch out for impulse purchases, which tend to be less about needs and more about wants.

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Finding the right advisor

When it comes to money, the best advice is to rely on the experts.

A good investment advisor can make sense of the volatile stock markets and help you meet your long-term goals. But how do you find the right advisor for you?

"Finding an investment advisor that meets your needs requires a little homework," says Pierre McLean, senior vice-president of Franklin Templeton Investments Corp. "Take time to find the right one as it's one of the most important financial relation-

ships you will ever have."

Here we offer five easy ways to help you find the right advisor for you.

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their

education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. A good advisor will be open with you and detail exactly how they are compensated. In general, advisors are paid for advice through commissions, fees or a combination of these methods. **NEWS CANADA**



Need a flexible, tax-free savings solution? Try a TFSA.



By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are Security or Guaranteed as certain as taxes, but Income Supplement. since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan. The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to \$5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs),

TFSA earnings grow tax-free and account holders can withdraw funds at any time

for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to \$10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions. So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

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Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers.

Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S.



► Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

dollar investments slide once converted to Canadian currency.

But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

One of the easiest options is to purchase U.S. investments through ex-

changed traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor.

So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the

ISTOCK

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high -- \$1.09 in 2007

stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst. Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-

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Federer rolls through to semis

► Li Na trying to become the first Chinese woman to win a major

Defending champion Roger Federer advanced to the Australian Open semifinals with a 6-1, 6-3, 6-3 win over Stanislas Wawrinka today in a mismatch that had the intensity of a practice session.

Federer, aiming to become the first man to win five Australian titles, was playing in his record-tying 27th consecutive Grand Slam quarter-final.

No. 19 Wawrinka was playing at this stage for only the second time at a major and struggled against Federer in the first all-Swiss quarter-final at a Grand Slam. He had only beaten Federer once in their seven previous matches.

Wawrinka had only one look at a break chance against the 16-time Grand Slam winner. Federer cashed in on five of his seven chances.

On the women's side, Li Na has reached back-to-back semifinals at the Australian Open to set new benchmarks for tennis in China.

She is more confident of going one better this time. Li beat Andrea Petkovic 6-2, 6-4 in the quarter-finals today, breaking her German rival's serve three times in the first set and twice in the second.

Li, who lost the 2010 semifinal in two tiebreak sets to eventual champion Serena Williams, came to Melbourne after winning the title at a tuneup event

in Sydney and is on a 10-match winning streak.

"It's good for me. I mean, the second time in the Grand Slam semifinal, always in the Australia Open, and also before I played well in Sydney," she said. "Hopefully I can do better in this year, and everyone will see me again."

The 28-year-old Li was the only quarter-finalist from the last Australian Open to reach the last eight this year.

Petkovic thinks that Li Na can make history at the Australian Open.

"I think she played really well. I think she's going to win the tournament," Petkovic said, identifying Li's strength as her concealed aggression. "She moves very well, she has a great footwork. She takes the ball very early. She plays flat and deep. She has this sneaky aggressive play. I would call it."

THE ASSOCIATED PRESS

Standard-setter

Li Na has been a trailblazer in her country, being the first Chinese woman to win a WTA tour event, and the first to enter the top 10.

► Her run to the Wimbledon quarter-finals in 2006 was the furthest a Chinese player had gone in a major before. Now her return to the semis is a first.



► Roger Federer plays a forehand in his quarter-final match against Stanislas Wawrinka during Day 9 of the Australian Open at Melbourne Park today.

CLIVE BRUNSKILL/GETTY IMAGES

4 sports

Oilers preview

Oilers at Coyotes
7 p.m.
TV: Sportsnet
Radio: 630 CHED



Winless in five, the Oilers (14-25-8) start a mini two-game road trip before the all-star break. Taylor Hall forced overtime with a late goal against the visiting Predators on Sunday, but the Oilers shooters couldn't beat Pekka Rinne.



The Coyotes (24-16-9) are coming off a 4-3 loss to Los Angeles in which newly acquired defenceman Michal Rozsival suffered a lower-body injury. Forward Lee Stempniak has five goals in the last five games. Other injury concerns are Ed Jovanovski, Brett MacLean and Derek Morris.

THE CANADIAN PRESS

Raonic's run of upsets reaches its end at Open

Canadian Milos Raonic's surprising run at the Australian Open has come to an end.

The big-serving qualifier from Thornhill, Ont., dropped a 4-6, 6-2, 6-3, 6-4 decision to No. 7 seed David Ferrer in fourth-round play yesterday.

The 20-year-old Raonic was aiming to become the first Canadian man to reach the quarter-finals at a major.

"My mind was ready to fight for every point, but the legs weren't following as much."

Milos Raonic

Raonic missed a chance to become the first male qualifier to make the quarters in Melbourne since Goran Ivanisevic in 1989.

THE CANADIAN PRESS



► Milos Raonic

Sports in brief



No all-star game for Sid

NHL. Sidney Crosby won't attend the NHL all-star game this weekend because he's still recover-

ing from a concussion.

The Pittsburgh Penguins made the announcement yesterday in a statement on the team's website.

THE CANADIAN PRESS

Bengals won't trade Palmer

NFL. Bengals owner Mike Brown says he won't trade quarterback Carson Palmer.

Brown said yesterday that Palmer met with him a little more than a week ago and asked to be traded.

THE CANADIAN PRESS



Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk	
d-Philadelphia	49	32	12	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1		
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	11-1-2-1	6-4-0-0	W4	
d-Boston	48	27	14	2	5	150	109	61	12-9-1-3	15-5-1-3	6-3-1-0	W1	
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1	
Washington	50	27	14	5	4	140	128	63	16-5-2-4	11-9-3-0	4-2-3-1	L1	
NY Rangers	51	29	19	2	1	145	122	61	12-10-1-0	17-9-1-0	6-4-0-0	W2	
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1	
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	3-4-1-2	L3	
Carolina	49	24	19	2	4	149	153	54	13-8-1-4	11-11-1-3	6-4-0-0	W1	
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1	
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4	
Toronto	48	19	24	2	3	124	151	43	10-11-2-2	9-13-0-1	5-4-0-1	L2	
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-7-0-2	L5	
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	3-6-0-1	L1	
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-1	6-3-1-0	W4	

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk	
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	4-2-1-3	L4	
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1	
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1	
Nashville	49	27	16	4	2	133	117	60	11-3-2-0	12-12-1-0	7-3-0-0	L1	
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1	
Phoenix	49	24	16	6	3	141	139	57	10-3-3-2	14-8-3-1	6-3-0-1	L1	
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1	
Colorado	49	25	18	6	0	159	160	56	14-10-5-0	11-8-3-0	5-4-1-0	W1	
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4	
Minnesota	48	24	19	1	4	126	132	53	11-11-2-0	13-8-2-2	6-4-0-0	L1	
Calgary	50	23	21	2	4	140	151	52	13-9-0-4	10-12-2-2	5-2-1-2	W3	
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-4	3-7-0-0	W1	
Columbus	48	23	20	3	2	128	149	51	12-10-1-1	11-10-3-1	3-5-1-1	W2	
St. Louis	48	22	19	3	4	129	142	51	15-8-1-2	7-11-2-2	2-6-1-1	L3	
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L1	

d – division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Calgary 3	Nashville 1
Carolina 6	Toronto 4
Colorado 4	St. Louis 3
N.Y. Rangers 2	Washington 1 (SO)
Dallas at Vancouver	7 p.m.
Boston at Los Angeles	
Sunday's results	
Nashville 2	Edmonton 2 (SO)
Buffalo 5	N.Y. Islanders 3
New Jersey 5	Florida 2
Philadelphia 4	Chicago 1

HURRICANES 6, MAPLE LEAFS 4

First Period

1. Carolina	Corvo 7 (Pitkanen, Ruutu) 12:16 (pp)
2. Toronto	Kaberle 2 (Kessel, Crabb) 19:51
Penalties	Kaberle Tor (tripping) 5:39, Gunnarsson Tor (high-sticking) 11:21, MacArthur Tor, LaRose Car (fighting) 12:19, Gleason Car (roughing) 16:51, Grabovski Tor, Kulenin Tor (roughing), Pitkanen Car (holding), Gleason Car (fighting, game misconduct) 20:00.
Second Period	
3. Carolina	McBain 3 (Ukkinen) 11:16
Penalties	Kaberle Tor (hooking) 2:58, White Car (hooking) 5:22, Skinner Car (holding) 15:25, Cole Car (interference) 16:00, Armstrong Tor (hooking) 19:16.
Third Period	
4. Carolina	Bra.Sutter 9 (White, Boychuk) 1:49
Penalties	Crabb Tor (hooking) 3:42, Sjostrom Tor, LaRose Car (interference) 9:53, Harrison Car (slashing) 12:21, Sjostrom Tor (holding) 14:41, Beauchemin Tor (tripping) 16:26.
Shots	
Toronto	6 1410-30
Carolina	5 158-28
Goal	Toronto: Giguere (L,9-9-3); Carolina: Ward (W,21-15-5). Power plays (goals-chances) – Toronto: 1-7; Carolina: 2-7. Referees – Gord Dwyer, Dan O'Rourke. Linesmen – Bryan Pancic, Anthony Sericolo. Att. – 16,201 (18,680) at Raleigh.

FLAMES 3, PREDATORS 1

First Period	1. Calgary, Glenross 12 (Stajan, Hagman) 10:14.
Penalties	Suter Nash (slashing) 7:49, Giordano Cal (hooking) 11:57, Glencross Cal (slashing) 17:44.
Second Period	2. Nashville, Legwand 7 (Wilson, Ward) 10:32
Penalties	3. Calgary, Iginla 21 (Stajan, Tangney) 13:01 (pp)
Third Period	4. Nashville, Legwand 7 (Wilson, Ward) 10:50, Ward Nash (high-sticking) 12:24, Nashville bench (too many men) served by Horvath 14:20, Bouwmeester Cal (hooking) 18:44.
Fourth Period	5. Calgary, Morrison 8 (Tanguay, Giordano) 14:08 (pp)
Penalties	6. Nashville, Legwand 7 (Wilson, Ward) 10:50, Ward Nash (high-sticking) 12:24, Nashville bench (too many men) served by Horvath 14:20, Bouwmeester Cal (hooking) 18:44.
Shots	7. Nashville 6 11-24
Calgary	8 14 5-27
Goal	Nashville: Rinne (L,17-12-4); Calgary: Kiprusoff (W,19-18-2). Power plays (goals-chances) – Nashville: 0-5; Calgary: 2-6. Referees – Francis Charon, Brad Watson. Linesmen – Mike Crik, Don Henderson. Att. – 19,289 (19,289) at Calgary.

LATE SUNDAY

PREDATORS 3, OILERS 2 (SO)	
First Period	
1. Nashville, Sulzer 1 (Kostitsyn, Franson) 11:55	
Penalties	Vandermeer Edm (interference) 0:51, Sulzer Nash (holding) 9:46, Stortini Edm (charging) 13:17, Belak Nash (roughing) 17:33.

Second Period — No Scoring.
Penalties — Peckham Edm (holding) 3:37, Belak Nash (hooking) 9:51.

Third Period
2. Edmonton, Cogliano 7 (Reddick, Peckham) 2:03
3. Nashville, Ward 6 (Sulzer, Franson) 14:05 (pp)
4. Edmonton, Hall 15 (Penner, Vandermeer) 16:13

Penalties — Smid Edm (holding) 12:10, Peckham Edm (hooking) 19:14.

Overtime — No Scoring.

Penalty — Suter Nash (tripping) 1:21.

Shootout — Nashville wins 1-0

Nashville (1) — Goc, miss; Franson, goal.

Edmonton (0) — Oman, miss; Gagner, miss; Hall, miss.

Shots

Nashville 5 7 14 2-28

Edmonton 5 9 6 4-24

Goal — Nashville: Rinne (W,17-11-4); Edmonton: Dubnyk (SOL4-4-6). Power plays (goals-chances) — Nashville: 1-5; Edmonton: 0-4.

Referees — Rob Martell, Brad Watson. Linesmen — Brian McElman, Don Henderson. Att. — 16,839 (16,839) at Edmonton.

Scoring Leaders

G A PT

Stamkos, TB 38 29 67

Crosby, Pjh 32 34 66

D.Sedin, Vcr 27 34 61

S.T. Louis, TB 20 40 60

H.Sedin, Vcr 10 48 58

B.Richards, Dal 19 37 56

Zetterberg, Det 16 36 52

Perry, An 25 26 51

Ovechkin, Wash 19 32 51

Eriksson, Dal 17 32 49

E.Staal, Car 23 25 48

Kopitar, LA 16 32 48

Giroux, Pha 18 28 48

Kesler, Vcr 12 34 46

Sharp, Vcr 26 19 45

Shanahan, Ana 25 20 45

Havlat, Minn 13 30 43

Nash, Clb 22 20 43

M.Kovalt, Minn 14 28 42

Lidstrom, Det 11 31 41

J.Thornton, SJ 13 31 44

Ribeiro, Dal 10 34 44

Briere, Pha 25 18 43

J.Carter, Pha 22 21 43

Heatley, SJ 25 18 43

Seannan, Ana 14 29 43

Bergeson, Bos 16 23 39

Ladd, At 16 23 39

Datsyuk, Det 12 27 39

Ruutu, Car 12 27 39

Ryan, Ana 22 16 38

J.Williams, LA 18 20 38

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

Yesterday's results

NFC

Green Bay 21 Chicago 14

AFC

Pittsburgh 24 N.Y. Jets 19

PRO BOWL

Sunday, Jan. 30

At Honolulu

AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6

At Arlington, Texas

Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia

Tuesday's results

WOMEN

Singles – Quarter-finals

Li Na (9), China, def. Andrea Petkovic (30), Germany, 6-2, 6-4.

MEN

Singles – Quarter-finals

Roger Federer (2), Switzerland, def. Stanislas Wawrinka (19), Switzerland, 6-1, 6-3, 6-3.

Monday's results

MEN

Singles – Fourth Round

Rafael Nadal (1), Spain, def. Marin Cilic (15), Croatia, 6-4, 6-4, 6-1.

WOMEN

Singles – Fourth Round

Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.

Men's

Singles – Fourth Round

Andy Murray (5), Britain, def. Robin Soderling (4), Sweden, 6-3, 6-3, 6-2.

Overscore – No Sc

Crossword

Across

1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down

1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit



Today's horoscope

Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

Leo July 23-Aug. 23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

Virgo Aug. 24-Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

Sudoku

		3	1		5			
5					7	9		
2	8				6	4		
5		8	7				4	
				3				
6					2	1	7	
	7		6				8	5
2	6						7	
		9		7	6			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe RUTH

Babe, Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXO GREG

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! LOVE, OMIE :P

Lois Lane aka my freaky yellow chick... Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest.

HOLLA...SUPERMAN

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

A look at the weather

TODAY Min -6° Max 3° **WEDNESDAY** Min -3° Max 7° **THURSDAY** Min -3° Max 2°

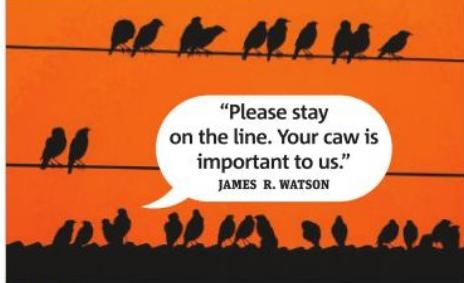
Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Caption contest



"Please stay on the line. Your caw is important to us."

JAMES R. WATSON

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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We Also Have New Arrivals



Deals of the Week

CARIBBEAN & MEXICO • 1 WEEK

DOMINICAN REPUBLIC Punta Cana via Calgary Occidental Grand Punta Cana	\$999 +Taxes & other fees: \$170	TURKS & CAICOS via Toronto Comfort Suites	\$1089 +Taxes & other fees: \$144
All-Inclusive • Junior suite • Feb. 1 - 22		Continental breakfast • Junior suite run of the house • Feb. 7, 9, 12, 14 & 16	
DOMINICAN REPUBLIC Punta Cana via Calgary Gran Bahia Principe Punta Cana PRIVILEGES	\$1199 +Taxes & other fees: \$170	MEXICO Cancun/Riviera Maya Barceló Maya Beach	\$1099 +Taxes & other fees: \$244
All-Inclusive • Junior suite • Feb. 8 - 22		All-Inclusive • Superior rm. • Mar. 15	
CUBA Varadero via Calgary Sirenis La Salina Varadero Beach Resort	\$1049 +Taxes & other fees: \$153	MEXICO Cancun/Riviera Maya Barceló Maya Tropical Beach	\$1239 +Taxes & other fees: \$244
All-Inclusive • Standard rm. • Feb. 6		All-Inclusive • Deluxe rm. • Mar. 15	
CUBA Santa Clara via Calgary Royal Hideaway Ensenachos PRIVILEGES	\$1239 +Taxes & other fees: \$153	MEXICO Los Cabos Royal Solaris Los Cabos Resort All Inclusive & Spa	\$1159 +Taxes & other fees: \$256
All-Inclusive • Royal spa premium rm. • Feb. 5 & 12		All-Inclusive • Deluxe rm. • Feb. 26	
JAMAICA Sunset Jamaica Grande Resort & Spa PRIVILEGES	\$1399 +Taxes & other fees: \$96	MEXICO Puerto Vallarta/Riviera Nayarit Meliá Puerto Vallarta PRIVILEGES	\$1459 +Taxes & other fees: \$144
All-Inclusive • Exclusive renovated standard rm. • Feb. 3, 10 & 17		All-Inclusive • Deluxe garden view rm. • Mar. 5 - 19	
JAMAICA Gran Bahia Principe Jamaica PRIVILEGES	\$1499 +Taxes & other fees: \$96	ST. MARTIN/ST. MAARTEN via Toronto Le Flamboyant Hotel & Resort	\$1339 +Taxes & other fees: \$193
All-Inclusive • Junior suite • Feb. 3, 10 & 17		Breakfast • Standard rm. • Mar. 5, 19 & 26	
BAHAMAS Nassau via Toronto Sheraton Nassau Beach Resort	\$1659 +Taxes & other fees: \$133	COSTA RICA Liberia via Toronto Occidental Grand Papagayo	\$1779 +Taxes & other fees: \$92
Resort view rm. • Mar. 6 • \$300 INSTANT AIR CREDIT INCLUDED!		All-Inclusive • Deluxe rm. • Feb. 17 & 24	

BAHIA PRINCIPE HOTELS & RESORTS

MEXICO Cancun/Riviera Maya Gran Bahia Principe Coba PRIVILEGES	\$1439 +Taxes & other fees: \$244
All-Inclusive • Junior suite • Mar. 15	
MEXICO Cancun/Riviera Maya Gran Bahia Principe Tulum PRIVILEGES	\$1489 +Taxes & other fees: \$244
All-Inclusive • Standard rm. • Mar. 15	



USA

NEVADA Las Vegas via Vancouver Imperial Palace Hotel & Casino	\$429 +Taxes & other fees: \$199
Breakfast • Deluxe rm. • Feb. 1 • 3 nts. • SAVE UP TO 30%	

WASHINGTON Seattle via Vancouver Deca Hotel	\$449 +Taxes & other fees: \$112
Double or twin deluxe rm. • Feb. 4 • 3 nts.	

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ENGLAND London via Toronto Hotel Ibis London Earls Court	\$969 +Taxes & other fees: \$429
Breakfast • Standard rm. • Mar. 17 & 24 • 4 nts.	



ITALY Rome via Toronto Mercure Corso Trieste	\$1339 +Taxes & other fees: \$382
Breakfast • Standard rm. • Apr. 5 • 1 wk.	

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